

ALUMNI NEWSLETTER

UNIVERSITY OF DELAWARE ATHLETIC TRAINING

VOLUME: 18- SUMMER 2021

A Year Like No Other—UD ATEP Perseveres
Through the Covid-19 Pandemic



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THE 2020-21 ACADEMIC YEAR WAS A HISTORIC ONE IN THE ANNALS OF UD ATEP

The Covid-19 pandemic created a hurdle in the lives of many UD ATEP faculty/staff/students but we did not let that deter us from marching forward during the 2020-21 academic year. When classes began on September 1, 2020 we were all ready for the challenges ahead. Fall sports were curtailed, clinical rotations truncated, and PPE in full force but united we took on the challenges the pandemic posed and forged ahead. The 2020-21 academic year was also historic in the fact that it would produce the last and final undergraduate cohort and graduate the first ever class of MS-AT athletic training students in the history of UD ATEP. Congrats and best wishes to the 24 students who graduated on that rainy & cold Saturday May 29, 2021. We are all proud of what you endured and accomplished.





I'm so ready to move on! Our newest cohort of MS-AT student began summer classes last week Monday June 7, 2021 with a renewed spirit and hope for the future. As the Covid-19 pandemic restrictions begin to loosen our program continues to move forward and progress into the future. UD is requiring ALL students to be vaccinated at the start of the 2021-22 academic year, however UD AT students have been on the forefront of that process for many months now. As I told our graduating students during our virtual (ughhhhh) graduation reception event on Friday May 28, 2021 that have all left a lasting impression on the faculty/staff associated with UD ATEP for their unwavering commitment to persevere and succeed in the face of adversity. This past year was by far the most difficult and strenuous in my 40+ years in higher education. On July 2, 2020 I finally received clearance to return to my office and the HPL facility and the transformation began. With all of the Covid-19 pandemic restrictions in place a new set of student and facility guidelines had to be implemented so that a safe, yet productive educational environment awaited our students when the Fall 2020 semester began. Equally impressive were the efforts from the staff at UD Athletics who transitioned there clinical facilities into an environment conducive for quality athletic training experiences. Thank you to Dan Watson and the entire Sport Performance staff in UD Athletics — the AT students and myself are forever grateful! I wrote an editorial for my journal *Athletic Training & Sports Health Care* in the May/June issue titled “Getting Back to the Business of Being Sports Health Care Professionals” — <https://journals.healio.com/doi/full/10.3928/19425864-20210506-01> it's worth the read — I think we're all ready!

This summer we welcomed our first full-fledged class of Sports Health 3+2 students into the MS-AT program. In fact, 18 members of the current cohort of 26 students came via that route. The Sports Health program is flourishing and we are hopeful that the expansion will lead to further support (faculty & staff) for UD ATEP into the near future.

Saddened again that the NATA's annual convention is going virtual this summer. Hoping that we can all reunite next summer when NATA comes back to the “City of Brotherly Love” - Philly 2022. Stay well and in touch. Best wishes.
Dr. K.



FROM THE DESK OF DR. K ATEP PROGRAM DIRECTOR

YOU (our alumni & friends) are an important part of the UD ATEP family. Thanks for your ongoing support of the program and STUDENTS. Please keep in touch and follow us throughout the year on Twitter **@UD_ATEP** I utilize Google Groups to manage our UD ATEP e-mail list so please use the Alumni Update on the website --- - <https://sites.udel.edu/chs-atep/alumni/> to send me your changes or send an e-mail directly to me at kaminski@udel.edu Please-please ---- if there are any classmates/alums who are not getting my communications send me their contact info. Hoping for a better 2021-22 school year and a return to normalcy. In the meantime STAY WELL and Go Blue Hens!



Alumni and friends please consider a gift to the UD ATEP via UD's Alumni Donor page — <https://www.udel.edu/alumni-friends/give/how-to-give/> Please target the gift to the UD ATEP Gift Account— HNES412112 Your donations go a long way in supporting professional development programming for our students enabling them to attend and represent UD ATEP at local, state, regional, and national sports medicine conferences. THANK YOU in advance for your generosity!

Websites:

<https://www.udel.edu/academics/colleges/chs/departments/kaap/graduate-programs/athletic-training/>

<https://www.udel.edu/academics/colleges/chs/departments/kaap/undergraduate-programs/sports-health/>





FROM THE DESK OF DAN WATSON SENIOR ASSOCIATE AD, SPORT PERFORMANCE

ATEP Alumni, I'd like to share my words to our graduating Class of 2021 with you. They may not be the most eloquent but they came from the heart and I meant every word. Hoping next year to offer a more conventional update about the incredible accomplishments in UD Sport Performance.

Normally at these graduation addresses I thank you on behalf of Athletics for the vital role you all play. We could not deliver the high level of quality care and service without you. And this couldn't be truer this year. So sincerely thank you from myself, Chrissi and all of Athletics, but I want to spend my time on two other pieces that I'd like you to reflect on at some point soon after the dust settles from your well-earned celebration.

The first point is **Inclusivity**. This is one of Athletics core values and I can't think of a better example of how this senior ATEP class and this first graduating Masters cohort came together in such an unusual functional meld and thrived. This is a credit to you all. These processes are never going to be completely smooth and I credit the clinical AT staff and faculty for guiding us all through this, but ultimately you the Class of 2021 did it. I ask you to reflect on and embrace the how you did that. Compromise, understanding, sometimes leading, sometimes following. These are incredible life skills that you all displayed at a high level.

Our world feels unkindly divisive in these times. You all have demonstrated the skills and know how to bring people together, not tear them apart. We need you to carry these lessons forward. Please don't discount this message. We all need to follow your lead and make this a life priority. Inclusivity makes us all stronger.

The second point is **Resilience**. This is a Sport Performance pillar that we intentionally program around because it is an essential ingredient for winning.

I have been very apprehensive to look back on these last 14 months and reflect because honestly, it's been the hardest year of my life and I'm certain many others here have experienced similar feelings. I can see the light at the end of the COVID tunnel is nearing and I've been looking forward to taking a deep breath, recharging and then launching forward again. Recently a bump in the road forward occurred and I started to feel sorry for myself, but this is life and I reflected on what we all have endured over the last 14 months and the awe-inspiring levels of resilience we've all displayed. What's stronger than a pandemic? We are.

Researchers and Clinical Psychologists acknowledge that some people may be born 'grittier' than others but resilience is a mental skill that can be built with the layering of experiences, lessons learned and purposeful skill training. This layering of these factors truly makes you more resilient. Its science!!! You all have had the Wolff's Law of resilience training this past year. You have hypertrophied your resilience muscles to an off the charts level. This is our silver lining of COVID. So, when that bump in the road hit, I got over the sadness, I reflected on us and all the things we've done. I flexed my hypertrophic resilience muscles and I leaned into the issue. This is just one more thing I will get through and thrive on the other side due to the confidence in knowing all that we've accomplished, the lessons learned, and our collective experience over the last 14 months.

I hope you don't hit any bumps in the road any time soon, we all deserve a smooth path for at least a little bit here, but ultimately life happens. And You are so ready for that. Your resilience muscle memory is ready. Lean into the issue. Reflect on the strength you have displayed over this time. You will get beyond it, you will continue to thrive. You are an inspiration. You are remarkably resilient young professionals that I'm proud to call my colleagues. Congrats again Class of 2021.





FACULTY SPOTLIGHT

MICHAEL “MIKEY” STANT (CLASS OF 2016)

Since graduating from UD in 2016, I have always wanted to be involved in an Athletic Training education program. When I came back to the University of Delaware to work as an Athletic Trainer for baseball and rowing in 2018, I was excited to have the opportunity to serve as a preceptor at my Alma Mater. The following year, Dr. Kaminski asked me to be the lab instructor for KAAP621 and KAAP 622 (Orthopedic Evaluation) as well as to serve as a member on the ATEP Administration team. I am excited and proUD to be able to give back as much as possible to the program that helped mold me into who I am today.

The first few weeks of classes each semester are always my favorite. It is the time of year where the foundation is laid for a successful semester. We discuss expectations, review clinical and professional goals, and develop action steps for students to help achieve those goals. It is when many students become overwhelmed with excessive questions ranging from functional anatomy to “why are we evaluating a baseball athlete’s hip range of motion when it’s his elbow that hurts?” We review and edit resumes and cover letters, and we re-evaluate the SOAP notes written regarding these athletes together until they are high quality and complete.

I realize that this is probably an extremely stressful and overwhelming period for most students, but my biggest fear is letting any student leave their rotation or the UD ATEP program without the pre-requisite knowledge to succeed as an Athletic Trainer. It is my job as a lab instructor to ensure that students have the entry-level knowledge required to evaluate any injury that they encounter. As a preceptor, I want my students to be confident in their evaluation, rehabilitation, and emergency management skills. I want them to understand evidence-based medicine and to learn how to interpret the most current research into their own clinical understanding and practice. Obviously, it is nearly impossible to hit all facets of Athletic Training on my own, but this is where the UD ATEP faculty steps in. The faculty works together and does a great job at not only teaching the AT students, but also realizing the importance of integrating with the clinical staff in UD athletics to ensure a diverse education.

As part of the ATEP administration team, the clinical staff sits down with the UD ATEP faculty regularly and discuss topics ranging from class curriculums to placement of students at UD collegiate athletics sites. This connection between athletics and academics is something special and unique. Knowing what is going on in the program and seeing the work being put in by everyone pushes me as both an educator and clinician to be the best Athletic Trainer that I can be. The drive of the clinical preceptors and faculty here is reflected in the AT students that graduate and this is one of the main reasons AT students from this program continue to flourish!

During the school year, I am always finding ways to educate and challenge my students. During the summer, I am continuing to educate and challenge myself. This time of year is when I reflect on the evaluations I receive as a preceptor and as a lab instructor. What can I do to enhance the learning experience for the student? What resources can I provide? Is there something that I can teach in lab that will aid them in their clinical experience? This self-reflection and education helps me lay the foundation I need to be successful during the academic school year. I am looking forward to this more “normal” year and having an opportunity to continue aiding the students in the MSAT program here in their journeys to become exceptional Athletic Trainers!



ATEP NEWS

FACULTY/STAFF NEWS



Congrats to UD ATEP Assistant Professor **Dr. Bethany Wisthoff** (PhD in 2019) and her husband Dr. Michael Wisthoff as they welcomed their daughter Caroline Eugenie into the world on Friday 6/18/21.



UD Athletic Trainers **Brandon DeSantis** and **Steven Browne (Graduate 2018)** had an article published in the International Journal of Athletic Therapy and Training titled “Anti-Gravity Treadmill Rehabilitation after Hip Labral Repair Arthroscopy” — <https://journals.humankinetics.com/view/journals/ijatt/ijatt-overview.xml>

UD ATEP Associate Professor **Dr. Thomas Buckley** was recently awarded a \$154,000 grant from the Department of Defense (SALTOS) to support his concussion research efforts!

Nikki Yates—Associate Athletic Director, Athletic Training has co-authored the Foot & Ankle Chapter in the textbook titled Musculoskeletal Assessment in Athletic Training and Therapy—<https://www.jblearning.com/catalog/productdetails/9781284151923>

Kelly Stafford (2008) - was awarded The District 2 Young Professional Distinction Award in 2020— https://natad2.org/special_members_d2_awards.htm

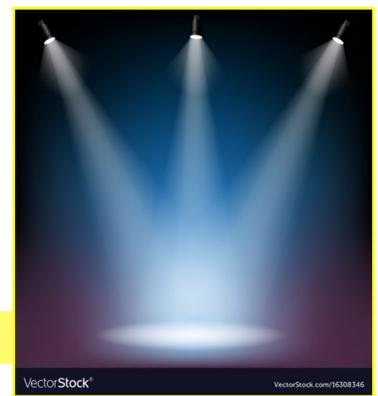
UD’s **Dan Watson** was inducted into the DATA Hall of Fame in December 2020— check out the story here - <https://bluehens.com/news/2020/12/23/delaware-athletics-watson-inducted-into-the-data-hall-of-fame.aspx>





ALUMNI SPOTLIGHT

MANDY MERRITT (2001)



“In December 2020, I was approached by Dr. K with an invitation to be the “Alumni Spotlight”. The deadline was May 15th, 2021. It is May 14th as I write this. Typical of my time at UD as well. A champion procrastinator, but always managed to get it done. As I began to really think about my time at UD, the person I am today, and my 11 other classmates (I cannot lie, it took two of us to come up with everyone), it genuinely warms my soul. I can confirm I am the only one of the 12 still working as a Division I athletic trainer. It can be a long, hard and thankless job - I totally understand why so many move on from it. But for me, there was never a question I would do anything else. I did get my Doctorate in Physical Therapy, also at UD, alongside my undergraduate classmate, Dana Mieczkowski. However, my passion never deferred from Division 1 athletics. Currently, I am a Senior Associate Athletic Trainer and Physical Therapist at the University of Notre Dame, working primarily with the men’s lacrosse program. How I got here is below...

Growing up, I was a Canadian farm girl who possessed a natural talent for soccer. I dedicated my life to playing it, and in 9th grade I told my parents I would get a scholarship to pay for college. The one problem was that Canada doesn’t offer scholarships for sport participation, so I knew I had to look stateside. As a 14-year-old, I began the laborious recruiting process, knowing nothing about how it worked; I reiterate - Canadian farm girl! It eventually came down to two schools – one was a top 5 national championship contending team, however the scholarship partial and the desired academic program was questionable. The other school was the University of Delaware. I left my recruiting weekend at UD and said to my parents “That’s it”. What sealed the deal was two strangers who agreed to give me a chance: my future head coach Scott Grzenda and the then-Director of ATEP, Keith Handling. I met both of them that weekend, and they agreed that I could attempt to complete the athletic training program, while playing on a full Division 1 scholarship for soccer. I would go on to become the first student-athlete at UD to graduate from the athletic training program! I was a 4-year starter, academic All-American nominee, first team all-conference and ended up in the top 10 in school history for goals, assists and point total. I showed them it was possible to play at the highest level and do the required work to become an athletic trainer. I am proud to know others have been able to follow in my footsteps.

My college days were long, with classes 8am-12:30pm, training room 1-3pm, soccer practice 3-6pm and some night labs from 6-9pm. But I never knew anything different - work hard and you get what you want. My parents engrained this in me while growing up. Keith and Scott had given me an opportunity and I wasn’t willing to fail. And to be honest, I thrived on being busy. I loved my studies and my classmates. We were 12 deep spending every day together in the classroom, the athletic training room, and then, more often than not, studying together in the evening. My soccer teammates supported me and became my very best friends. There isn’t a day that I don’t look back at my experience at UD and think about how lucky I am.

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ALUMNI SPOTLIGHT

MANDY MERRITT

During my time at UD, I was able to meet and develop professional relationships with individuals who fully supported all of my goals; Dr. Mike Higgins, the ultimate mentor, became a colleague and friend who pushed me to know, do and be better at everything I did; Dr. Paul Mettler, a lacrosse ref who happened to be the director of UDPT, ensured I found my way into his physical therapy program, provided funding, and never gave up on me; Mary Martin, the Associate Vice Provost for Graduate and Professional Education and Associate Dean, who trusted me enough to give me a key to her office, so I could work whatever hours that fit my schedule, ensuring I had enough money so I could eat during grad school; Bob Shillinglaw, the Head Coach of the Men's Lacrosse program, who rooted a passion for lacrosse that I still can't shake; Courtney Butterworth, a fellow UD AT whose friendship, compassion, and love saved me during a very difficult time and who later pushed me to leave UD, my safe place. I could go on sharing more people at UD who impacted me as a person or in my career, but the bottom line is, it's truly an amazing place and it shaped every part of who I am. I spent almost 10 years at UD, between my undergrad, doctoral studies, and employment, and I truly thought I would never leave. But, life happens, and opportunities arise at the strangest times.

I vividly remember searching for jobs on the NATA website when I came across a posting for a dual credentialed PT/AT for coverage of men's lacrosse at the University of Notre Dame. If there was a dream job description for me, this was it. It's important to understand, however, that I had no idea where the University of Notre Dame was, or really anything about it, at all. I had to look up its location. I knew it had a football team that received national exposure – my assumption was that it was a massive university. After completing my cover letter, John Smith had to tell me “You know, it's not called Notre Dame University.” I defer back to the Canadian farm girl upbringing. I completed a phone interview for the job, and the one question that sticks with me to this day was: “Are you an athletic trainer with a PT degree, or are you a physical therapist with an AT degree?” My answer was immediate, and it has never changed. I am an athletic trainer first and always. I am the first to arrive and the last to leave. I fill coolers, monitor weather, and check field conditions. I always prioritize the athlete's health. Athletic trainers are heroes, and I am so proud to be one.

Fast forward 13 years - I have worked at the University of Notre Dame for 13 years!!! In 2010 I was afforded another opportunity with the US Lacrosse organization as a volunteer assistant athletic trainer for the men's U-19 team. I traveled to Turku Finland and came home with a world championship. In 2015 I was assigned to the Men's national team and was blessed to travel to Netanya, Israel where once again we came home as world champions. I will continue in this role through 2023 World Championships with the men's national team and hope to make my way to the Olympics in the near future.

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ALUMNI SPOTLIGHT

MANDY MERRITT

I have played in national championship games, suffered tough losses, saved several lives, traveled worldwide, and I have loved every single minute. I bought my first house, met my husband, and brought two beautiful baby boys into this world, Grady (7) and Mack (5). It is hard and exhausting. There are times I question how I can keep going, but then, a kid gets back on the field following injury, or grows into an amazing young man, even father and husband, and I played a role in that. The gratitude and appreciation I feel every single day from my athletes is exactly why I love my job. I'm not sure I can emphasize my passion for my job enough. I live and breathe to care for these kids, and I cannot see myself doing anything else. My children get to grow up watching their mom live out her dreams and seeing how hard work can help accomplish big things. One day my kids will understand that they have 55 guys who always have their back; because their mommy always has theirs.

When I think of everything I get to experience and the opportunities I have been blessed with it all began with the University of Delaware and the intimate athletic training program. It opened doors and windows of possibilities that I didn't even know exist. I have been able to move up to a senior associate position while maintaining all of my on-field and travel duties. Learning never ends for me and I can proudly say how I treated injury 10 years ago is different than how I do now. I am passionate about baseline data collection to ensure I am not guessing on a return to sport but can actually align post injury performance markers with their healthy ones. I have shown many women that you CAN be both a great mom and a great athletic trainer. I am open and do not hide my vulnerabilities. I also do not shy away from asking the hard questions, whether that is to administration, the coach or the athlete. I would change nothing about my experience and welcome anyone to reach out who may have questions on the journey. I am and will always be BLUE HEN PROUD!

Link to University of Notre Dame Athletics Directory site— <https://und.com/staff/mandy-merritt/>



CLASSMATES FROM THE CLASS OF 2001 WHERE ARE THEY NOW?

Jeff Driban— Associate Professor in the Department of Medicine at Tufts University School of Medicine and a member of the Special and Scientific Staff at Tufts Medical Center — <https://www.jeffreydriban.com/>

Lara Echerd— Mentor/Advisor State College, Pennsylvania— <https://www.linkedin.com/in/lara-echerd-a9ab491b8>

Jennette Firlein— Pediatric Nurse Practitioner Supervisor at Nemours— <https://www.linkedin.com/in/jennette-firlein-8aa70419a>

Thomas Handling—Owner, Handling Physical Therapy—<https://handlingpt.com/about-us/>

Michael Hann—Physician Assistant with Connecticut Orthopaedics — <https://www.ct-ortho.com/find-a-provider/michael-hann/>

Susan Mazess—Wellness/Fitness Teacher, Bensalem High School— https://bensalemsd-bhs.edlioschool.com/apps/pages/index.jsp?uREC_ID=1055933&type=u&pREC_ID=1520871

Mandy Merritt — SENIOR ASSOCIATE ATHLETIC TRAINER/PHYSICAL THERAPIST, MEN'S LACROSSE (see Alumni Spotlight on pgs. 8-10)

Dana (Jenson) Mieczkowski — Physical Therapist at Nemours Children's Hospital - <https://www.nemours.org/services/pediatric-physical-therapy.html>

Dawn (Wentzell) Sawyer — ?

Mara (Moffie) Smith — Owner at Precision Athletic Training— <https://www.precisionat.com/>

Julie (Earman) Wetzel — Substitute Teacher & Part-Time Athletic Trainer Hershey High School, Hershey Middle School — <https://www.linkedin.com/in/julie-wetzel-4817981b>

ATEP NEWS

SALUTE TO THE CLASS OF 2021

LINK TO GRADUATING STUDENT SLIDE SHOW—

https://drive.google.com/file/d/1opePAE3bkpT-YeByoBqVxbxJ7y_4KXod/view?usp=sharing

Binkley, Sara (ATC)	Graduate School/AT Assistantship – University of South Carolina
Cecchett, Matthew (ATC)	Graduate School/AT Assistantship - Houston Baptist University
Crutchfield, Emily (ATC)	Graduate School/AT Assistantship – University of Toledo
Diaz, Marco (ATC)	Athletic Training Intern – United States Naval Academy
Fox, Alyson	Athletic Trainer – Premier Physical Therapy and Sports Performance
Greene, Olivia (ATC)	Athletic Training Intern – University of Georgia
Henry, Todd	Athletic Training Seasonal Intern – Miami Dolphins
Hinds, Jairus (ATC)	Graduate School/AT Assistantship – Auburn University
Kerrick, Jaycie (ATC)	Athletic Trainer – Cape Henlopen HS & Premier Physical Therapy and Sports Performance
Kling, Brittany (ATC)	Graduate School – University of South Carolina
Lewis, Joh'nasia (ATC)	Undecided
McGoldrick, Leah	Undecided
Mercado (Kennedy), Kristen	Undecided
Palli, Paige (ATC)	PT school @ Arcadia University
Porte, Aran	Graduate School/AT Assistantship – North Carolina State University
Price, Ananda (ATC)	Undecided
Ray, Joshua (ATC)	Graduate School – California University of Pennsylvania
Roman, Brittany	Athletic Training Intern – Southern Illinois University
Singer, Amanda (ATC)	Athletic Training Intern – Yale University
Thomasen, Alexandra (ATC)	Graduate School [DAT]/AT Assistantship - Indiana State University
Thornton, Ariona (ATC)	Graduate School/AT Assistantship – Arkansas State University
Wettstein, Hollyann	Graduate School/AT Assistantship – McDaniel College (MD)
Wittemann, Victoria	Athletic Training Seasonal Intern – Green Bay Packers
Zamora, Luis	Undecided

DELAWARE
ATHLETIC TRAINING



ATEP NEWS

SALUTE TO THE CLASS OF 2021



Seniors



MS-AT

Students



1st time pass rate on the 2021 BOC exam for UD ATEP students was 96% (23/24) — kudos to all and best of luck in your sports health careers!



Congrats
Class of 2021

DELAWARE
ATHLETIC TRAINING



ATEP NEWS

**Welcome to the newest members of the
UD ATEP Family the MS-AT
Cohort Beginning Summer 2021**

Student Name	Institution
Bell, Sydney	University of Delaware 3+2 Program
Blevins, Camden	University of Delaware 3+2 Program
Blow, Maxon	University of Delaware 3+2 Program
Daum, Chloe	University of Delaware 3+2 Program
Gordon, Justeen	University of Delaware 3+2 Program
Heinlein, Kellie	University of Delaware 3+2 Program
Hernandez, Daniel	University of Delaware
Hickey, Jake	University of Delaware 3+2 Program
Huebler, Brian	University of Delaware 3+2 Program
Judkins, Stephanie	Cabrini College
Liss, Andrew	University of Delaware 3+2 Program
Lynch, Chris	University of Delaware
Mamola, Joseph	Rutgers University
Markland, Samantha	University of Delaware 3+2 Program
Martini, Jordyn	Misericordia University
Mellinger, Marissa	University of Delaware 3+2 Program
Ocampo, Kyle	University of Delaware 3+2 Program
Ohm, Morgan	University of Delaware 3+2 Program
Olivieri, Julia	University of Delaware 3+2 Program
Patel, Keyshan	University of Delaware
Pocher, Beatrice	University of Delaware 3+2 Program
Poston, Zachary	Cal State University – San Marcos
Sisofo, Alexandria	University of Delaware 3+2 Program
Thomas, Annie	Ohio University
Thompson, Paul	University of Delaware 3+2 Program
Wei, Yutao (Terry)	University of Delaware 3+2 Program



ATEP NEWS

SCHOLARSHIPS & AWARDS

2021 ATEP Honors & Award Winners

Dr. Julie Moyer-Knowles Award: [Hollyann Wettstein](#)

Dr. C Roy Rylander Outstanding Senior Award: [Emily Crutchfield](#)

Paris Delligatti Memorial Scholarship: [Bethany Hannum & Alyx Sisofa](#)

Lee J. Hyncik Athletic Trainer Achievement Award: [Amanda Singer](#)

Keith Handling Scholarship Award: [Marco Diaz](#)

Joan Couch Athletic Training Scholarship: [Amanda Singer](#)

NATA Ethnic Diversity Enhancement Grant Award: [Joh'nesia Lewis](#)

PFATS Scholarship Award Winners 2020-21: [Emily Crutchfield,](#)

[Todd Henry,](#) and [Victoria Wittemann](#)

EATA Quiz Bowl Representative: [Robert Van Duzer](#)

DATA Student Representatives 2020-21 SY: [Sydney Fresia](#) and [Amanda Singer](#)

EATA Student Delegation Representative from State of Delaware & UD ATEP: [Justeen Gordon](#)

NATA District II Athletic Training Student Scholarship: [Hollyann Wettstein](#)

DATA Student Leadership Award: [Amanda Singer](#)

DATA Ethnic Diversity Advisory Committee Scholarship: [Sydney Fresia](#)



UD ATEP students enjoyed post-season accolades as part of winning teams with Women's Basketball and Football tournament successes.



2nd year MS-AT students interning at various locations throughout the US are: Sydney Fresia (UT-San Antonio), Matt Gervasi (Amazon Corporation), Bethany Hannum (Arizona D-Backs), and Marissa Perez (FC Cincinnati)



UD ATEP NFL NEWS

Summer 2021 NFL Interns:

Nate Benjamin — Seattle Seahawks

Brooke Bower —LA Rams

Justice Colon —Jacksonville Jaguars

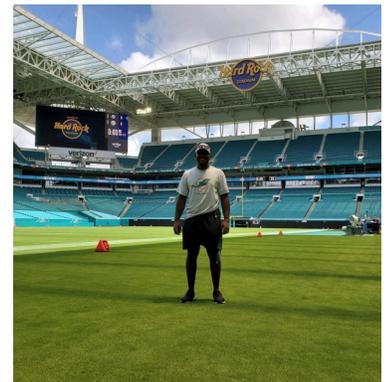
Donovan Martire —Houston Texans

Brian McCoy—NY Giants

Daniel Ugoamadi—LA Chargers

Robert Van Duzer—Green Bay Packers

Below are some pics of the Summer 2020 NFL interns



UD ATEP graduate Erin Finley (Class of 2020) is also set to intern Summer 2021 with the Kansas City Chiefs—Good Luck



2020-2021 ATSA Exec Board ↓



**L-R Hollyann Wettstein,
Victoria Wittemann, Emily
Crutchfield, Paige Palli, Al-
ly Thomasen, and Amanda
Singer**

Executive Board ('20-'21)

President: Emily Crutchfield

Vice President: Paige Palli

**Events Planner: Ally Thom-
asen**

Secretary: Amanda Singer

Treasurer: Tori Wittemann

**Public Relations: Hollyann
Wettstein**

Executive Board ('21-'22)

President: Morgan Ohm

**Vice President: Bethany Han-
num**

Events Planner: Sydney Bell

Secretary: Kyle Ocampo

Treasurer: Nate Benjamin

**Public Relations: John Paul
Moran**

**[http://
udelatsa.weebly.com/](http://udelatsa.weebly.com/)**



HEN DROPPINGS

UD ATEP graduate (Class of 2010) was recently hired away from her position as ATC for WLAX @ Ohio State University to serve as senior associate athletic trainer for the US Council for Athletes Health—

<https://www.uscah.com/>

Good luck



Longtime UD ATEP faculty member Dr. Charles “Buz” Swanik was appointed Deputy Dean for the College of Health Sciences on 9/1/2020



Class of 2015 Member Cody Walker and his fiancé Meghan were engaged at the Cliffs of Moher in Ireland . Good thing he had his UD ATEP rain jacket — handy for the unpredictable summer weather in Ireland!
Congrats and best wishes!

Kayla Argudo (Class of 2017) graduated from PA School in July 2020 and is working as an orthopedic PA for the Orthopedic Sports Medicine & Rehabilitation Center in New Jersey—

<https://www.orthocenter.com/>



Katie Boltz (2018) who interned with Duke FB last season has accepted a position now as an assistant athletic trainer for the Blue Devils!

HEN DROPPINGS

Patrick Fava a UD Post-Professional graduate student from 2014-16 now serves as a firemen for the New York City Fire Department assigned to Engine 221 in Williamsburg Brooklyn. Thanks for your service and stay safe!



Nikki Patel (2018) and Gregg DeDomenico (2017) graduated from UDPT in January 2021 during a virtual ceremony — Nikki is shown here from her apartment during the ceremony!



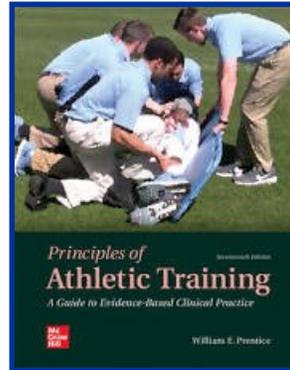
2012 UD ATEP graduate and Lead Athletic Trainer in the St. Luke's Hospital Network was featured in a cool UD Daily story In January 2021 about her weight lifting accolades as part of the US National Weightlifting Team. Good luck in the Summer 2021 Olympic Games!



Leah Lamborn (Class of 2014) was married to her husband Joel in a ceremony that took place on 12/4/20 in Chatham, MA . Leah currently serves as an athletic trainer (WSOC) @ the University of Kentucky, while her husband is an athletic trainer in pro baseball. Best wishes!

HEN DROPPINGS

UD ATEP Alum (Class of 1974) Dr. William “Bill” Prentice has recently released his updated 17th edition of the Principles in Athletic Training textbook with McGraw-Hill Publishers



Class of 2020 graduate Laura Durkee spent the last year at the StretchLab in Minneapolis, MN and is now headed to PT School @ the University of Colorado—Boulder. Good luck!

Chantel Hunter , MS, ATC (Class of 2018 graduate program) has been working as the Athletic Trainer to Dr. Leslie Vidal the 1st female orthopedic surgeon at the renowned clinic in Vail, CO.—<https://www.thesteadmanclinic.com/>



Lauren (Snyder) Greska (Class of 2007) and her husband Dr. Eric Greska welcomed Finley Hope Greska into the world back in July 2020. Lauren and Eric have 3 children and reside in Middletown, DE. Dr. Greska anchors the anatomy instructional efforts for the Department of Kinesiology & Applied Physiology and is a staunch advocate for our program. Congrats and happy parenting!

Deanna Grasso (Class of 2015) began her Physician Assistant studies @ The University of the Sciences in Philly Summer 2020. Best of luck!

After securing her graduate degree from Baylor University 2018 graduate Alex Siedlecki has gone to work as an Injury Prevention Specialist with Amazon in San Marcos, TX.

Mr. Jeff Hennessey (2018) currently attends PT school @ the University of Vermont and has secured a prestigious internship position with EXOS Sport Performance in Dallas, TX <https://www.teamexos.com/our-location/dallas/> where he can put his AT clinical skills to use. Good luck.

HEN DROPPINGS

Former UD sports medicine graduate student and current physical therapist with Premier Physical Therapy & Sports Performance Jamie (Lambert) Smoot sent a photo of her son and future Blue Hen Hunter!



UD ATEP graduate Bryce Gaines (Class of 2009) and his wife Jennifer celebrated the birth of their 2nd child a son Quinn Robert Gaines back in January. Here is a family photo of the Gaines crew. Bryce serves as Physician Extender in the St. Luke's University Health Network



Cara (Cordrey) Gomez (Class of 2005) assistant professor in the Dept. of Public Health & Allied Health Science @ DSU was featured in a story in the March 2021 issue of the NATA News titled "Moving on Up" about female leaders in the NATA!

DELAWARE
ATHLETIC TRAINING

HEN DROPPINGS



Following her graduation from Ohio University with her Master's degree UD ATEP alumna Grace Kennedy (2018) has accepted a position as an Athletic Trainer in the St. Luke's Hospital Network in Pennsylvania.

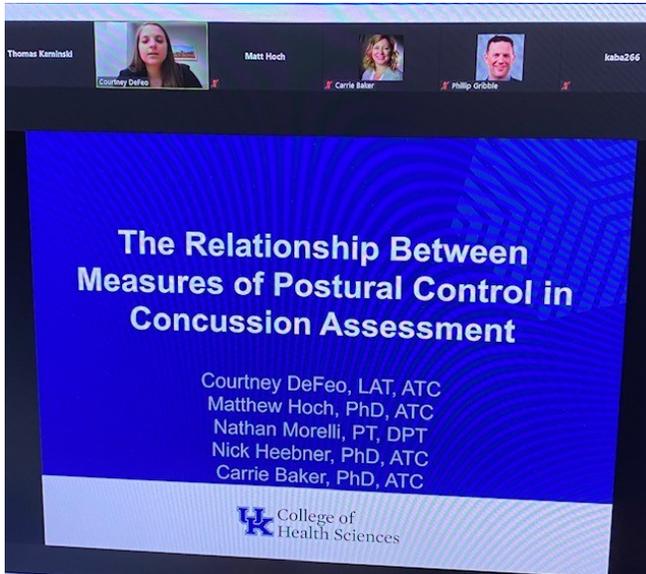
Class of 2008 graduate Ms. Sarah Murtagh has relocated and is now serving as an a PT/ATC for Farmingdale Physical Therapy in Bethpage, NY—<https://farmingdalephysicaltherapywest.com/>

Jenna Thatcher, ATC (Class of 2020) is now employed by Bayhealth Hospital Network and serves as the head athletic trainer @ Milford (DE) High School. Best wishes!

UD ATEP graduates Collin Francis (2010) and Liza McHugh (2010) serve on the Board of Directors for The Baltimore Area Sports Health Initiative—an advocacy and education group whose mission is to advance the care provided to athletes. Very worthy endeavor — check it out @ <https://www.baltimoreathletehealth.org/>



HEN DROPPINGS



UD ATEP alumna Courtney DeFeo (Class of 2019) defended her master's thesis on March 19, 2021 in fulfillment of her degree requirements from the University of Kentucky. Well done and good luck!



Yong Woo An (PhD 2016) has sent a photo of his son Baekhyun Michael An. Dr. An has since relocated and is now an Assistant Professor in the AT program @ Loyola-Marymount University in California - <https://cse.lmu.edu/departments/healthandhumanosciences/faculty/?expert=yongwoo.an>

DELAWARE
ATHLETIC TRAINING

HEN DROPPINGS

Lauren (Kriebel) DiCerchio (Graduate 2016) gave birth to her daughter Hazel on May 2, 2021

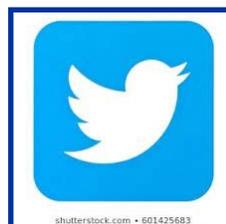


Following graduation from UDPT in 2020 Kathleen Criss (2016) started as a physical therapist @ Johns Hopkins University most recently covering at the Baltimore Convention Center Field Hospital — set-up during the COVID pandemic. Kathleen was engaged in October 2020 to UD ATEP alum Tyler Golembrosky (2016) and they are set to be married in December 2022.

Johanna (Schutzer) Sharp (2014) and her husband Joshua welcomed their daughter Ellie Grace into the world back on March 16, 2021. Since completing her graduate degree from the University of Florida she has moved to South Carolina where she serves as the Head Athletic Trainer @ Loris High School—<https://lorisliionsathletics.net/meet-the-athletic-trainers/>



Garrett O'Donnell (2011) has been promoted to a position as Regional Sports Medicine Coordinator in the State of New Jersey for Professional Physical Therapy—<https://www.professionalpt.com/>



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ALUMNI NEWS

Megan Heronemus (2004) has returned home to Delaware after working in Florida for several years and is now employed as a teacher in the Cape Henlopen School District

Amy Bednarek (2017) after completing her PT degree from UDPT has re-located to Madison, WI and currently serves as a Sports Physical Therapy Resident at UW Health

Pete Draovitch (MS 1985) is currently serving as an Athletic Performance Specialist and Associate Athletic Trainer and Physical Therapist for the Jacksonville Jaguars of the NFL— <https://www.jaguars.com/team/front-office-roster/peter-draovitch-x7938>

Greg Gutierrez (PhD 2008) has started a small business in Tampa, Florida called IdleVR — check it out @ <https://idlevr.com/> you can also follow Dr. Gutierrez on Twitter @IdleVR

William (Billy) Gaffney (2020) after graduating relocated to Colorado and is now employed as an athletic trainer @ North-eastern Junior College in Sterling, CO.

Sean Stryker (MS 2014) has been promoted to Associate Athletic Trainer @ the University of Alabama and continues with his primary sport responsibilities working Crimson Tide baseball.

Aaron Struminger (PhD 2017) has been promoted to Program Director at Eastern

Michigan University—<https://www.emich.edu/chhs/hphp/faculty/a-struminger.php>

Dr. Stephen Thomas (PhD in 2010) is a co-editor of the classic text Biomechanics and Movement Control along with former UD BIOMS student Dr. Joe Zeni. Check it out—<https://www.waterstones.com/book/winters-biomechanics-and-motor-control-of-human-movement/stephen-j-thomas/joseph-a-zeni/9781119827023>

Molly Johnson (Graduate 2014) is working at the HAK in Hockession, DE and was featured in a story in the Brandywine Buzz—<https://www.brandywinebuzz.com/single-post/we-re-not-built-to-sit-we-re-meant-to-move>

Dr. Andrea DiTrani Lobacz (PhD in 2016) co-authored an article with former UD ATEP faculty member Brian Catania that appeared in a 2021 issue of JSR—<https://journals.humankinetics.com/view/journals/jsr/30/3/article-p384.xml>



ALUMNI NEWS

Chelsea Best (Graduate 2016) - has been promoted to assistant athletic trainer with Indiana University Football. Chelsea is pic-



tured below on the left with her intern at a regular season Big10 FB game this past Fall.

Haley Anderson (2015) - who has been employed as an athletic trainer @ the Jacksonville Orthopedic Institute began Physician Assistant Studies @ Nova Southeastern University in May 2021. Good Luck!

Casey (Niemela) Hastings (2013) - sends along a note of the birth of her 1st child Sawyer Rose Hasting on March 12, 2020. Here is a pic of the Hastings family!



Mary Mahon (2014) - has completed her Doctorate in Physical Therapy degree from High Point University made “official” during a virtual ceremony held on Sunday April 11, 2021.

Tracey Power (2000) - sends an alumni update that she’s just completed her 15th year at Bayonne High School in New Jersey—<https://www.bboed.org/domain/68> She also serves as the Athletic Trainer for the NYFD football and ice hockey teams.

Tiffany Malin (2019) - has taken a job as an assistant athletic trainer @ Neumann College - <https://www.neumannathletics.com/staff-directory/tiffany-malin-ms-lat-atc/1470>

Ashley (Scanlon) Basules (2009) and her husband Ryan welcomed a baby boy (Brendan Patrick) into their world on



March 8, 2021.

Megan non
her hus-
wel-
daughter



**(Couch) Len-
(2014)** - and
band Matt
comed their
Shae into the

DELAWARE ATHLETIC TRAINERS ASSOCIATION

President: Kelly Stafford (2008)

President-Elect: Kathleen Kenney (2011)

Secretary: Heather Heidel (2009)

Treasurer: Melanee Johnson (UD Staff ATC)

Past-President: Mandy Minutola



Student Representatives

2020-2021: Sydney Fresia & Amanda Singer



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DELAWARE ATHLETIC TRAINERS' ASSOCIATION

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